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STAR OF MYSORE

OUR EVENING DAILY

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MYSURU Monday 3rd January 2022
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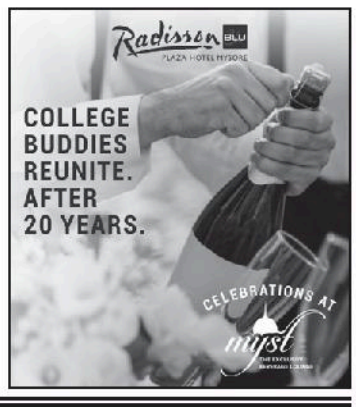


COVID vaccination for students in 15-18 age group begins

High Schools, PU Colleges turn vaccination centres

A student receiving the jab at at Maharani's PU College in city this morning as other students wait for their turn. District Minister S.T. Somashekar, who launched the vaccination drive, is seen with MLAs S.A. Ramdas and L. Nagendra, Mayor Sunanda Palanetra, DC Dr. Bagadi Gautham, DHO Dr. K.H. Prasad, ZP CEO A.M. Yogesh and MCC Health Officer Dr. M.S. Jayanth.

Mysuru, Jan. 3 (RK&BCT)- Academic activities at High Schools and PU Colleges across Mysuru took a backseat this morning as the focus was on getting children aged between 15 and 18 vaccinated to stimulate the body's immunity as a shield against infections unleashed by COVID-19 and its variants.

All High Schools and PU Colleges — both private and Government — held camps to vaccinate 1,48,184 children in the age group in Mysuru District. The mega vaccination drive was officially launched this morning by District Minister S.T. Somashekar at Maharani's Pre-University College on Narayana Shastry Road.

The camps at High Schools and PU Colleges are being held jointly by the Health Department, Mysuru City Corporation, Department of Public Instruction and the Department of PU Education. The respective Taluk Administrations are in-charge of the camps held in the hinterland.

Coordinated efforts by all the Departments and officials with educational institutions yielded good results today and the District Administration is aiming to complete vaccination of the target group within a week or so.

The Health Department has formed 100 teams to supervise the exercise and the city alone has 30 teams. Each taluk has been given 10 teams. From Jan. 5, 200 teams will be formed to intensify the vaccination process.

High Schools and Colleges are providing personnel and logistical support for the drive and the Health Department has said that children who missed their appointments can go to Primary Health Centres and vaccination booths to get vaccinated. Vaccination for the children who have comorbidities were carried out at health facilities under the supervision of Medical Officers.

Schools conducting online classes are fixing certain days to conduct the vaccination drive and students who have discontinued their formal education can visit Government Hospitals to get jabbed, said officials.

(See VACCINATION on page 7)

Lockdown in Bengaluru or semi-lockdown in State?

CM convenes meeting with experts tomorrow

CM Basavaraj Bommai launched the vaccination drive at BBMP High School and PU College in Bhyraveshwaranagar, Bengaluru, this morning in the presence of Ministers Dr. K. Sudhakar, Dr. C.N. Ashwathnarayan, V. Somanna, Byrathi Basavaraj and others.

Bengaluru, Jan. 3 (KMS& BCT)- The number of active COVID-19 cases in Karnataka, which had been consistently declining since September 2021, has breached the 10,000-mark again, for the first time since Oct. 10. Yesterday, the State reported 10 more cases of Omicron variant, taking the State's Omicron tally to 76.

The number of patients under treatment had continued to dip from September 2021, touching 8,644 on Oct. 31 and 6,574 on Dec. 1, 2021. By Jan. 1, 2022, however, such cases stood at 9,386, crossing the 9,000 mark for the first time since mid-October 2021 before reaching 10,292 on Jan. 3.

In the wake of all these developments, Chief Minister Basavaraj Bommai has called for a special meeting on Thursday evening with members of his Cabinet as well as a meeting on Tuesday (Jan. 4) with the State Technical Advisory Committee (TAC) on COVID.

(See LOCKDOWN on page 7)

STAR OF MYSORE

"We believe comment is free, but facts are sacred."

Editor: M. GOVINDE GOWDA, M.A.

Mysuru, Monday 3rd January 2022

'Do not send recommendation letters for *Vaikunta Ekadasi darshan*'

TTD Chairman's appeal to all VIPs

Tirumala, Jan. 3 (UNI) - Tirumala Tirupati Devasthanams (TTD) Chairman Y.V. Subba Reddy has appealed to all the VIPs not to send any recommendation letters for *Vaikunta Ekadasi* and *Vaikunta Dwadasi darshans* on Jan. 13 and Jan. 14 respectively.

Vaikunta Dwara will be opened on Jan. 13 at 3 am and will be closed on Jan. 22 at 11.59 pm.

He asked VIPs to understand and support the decision of TTD to provide hassle-free *Vaikunta Ekadasi* and *Dwadasi darshans* to common devotees who bought online tickets. Reddy said for ten days, no recommendation letters will be accepted at the TTD Chairman's Office.

In view of ongoing repairs to many cottages and rooms in Tirumala, accommodation for all legislators were organised at Nandakam and Vakulamatha rest houses and if the accommodation here is not sufficient enough, they should come prepared to make halt at Tirupati itself, he added.

The TTD Chairman said SRIVANI Trust devotees should take rooms at Madhavam, Srinivasam, Sri Padmavati Nilayam and SV guest house in Tirupati.

He said the TTD Board has decided to reduce the VIP *darshans* during the 10-day *Vaikunta Dwara darshan* as much as possible and provide more for common devotees.

EDITOR'S BOTTOMLINE

As we bring down the curtains on the year past, it is nice to remember that 2022 will be a special year, one in which we complete 75 years as an independent nation. It is perhaps a good time to reflect on the state of the Union, and where we are headed as a country. A just and democratic polity requires two principal features: the proper distribution of government power within and among its political entities, and a sustained and pervasive public virtue. This forms the basis to strive towards an equitable and inclusive society.

In India's context, the idea of federalism is not merely about the balance of power between the Centre and the States, the allocation of duties and responsibilities between them, or even about a progressive Centre encouraging the States to compete and perform better. It, in fact, serves as the institutional framework that provides the basis for inclusiveness, and for building consensus to navigate the plurality of Indian society.

It is important to reflect on the shift from a consensus-based politics to a majoritarian approach over the years from the late 1960s and the challenges this has thrown up in our efforts at nation-building. It is an opportunity to recognise that federalism is being reconstructed through a variety of measures: statutes, administrative arrangements, and centralisation. — *Gurucharan Gollerkeri in Deccan Herald*

NEWS SPARKLERS

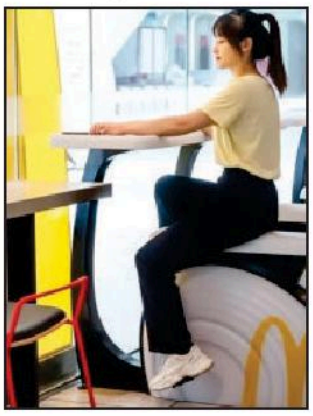
Kitchen tongs removed from python

Australia: Aaron Rouse of Adelaide from Australia was feeding his python Winston a rat held with a pair of salad tongs when the snake decided he wanted all of it—including the tongs.

Rouse tried to pull the tongs out, but Winston would not let go. Before he knew it, the tongs were completely inside the snake! Rouse took Winston to the veterinary department at Adelaide University, where Dr. Oliver Funnell decided to perform surgery. He made a small incision close to the big end of the tongs and pulled them out easily.

"With reptiles you have to make an incision between the scales and we just made it over the big end [of the tongs] because that was further away from some of the vital organs like the heart and the lungs," he explained.

You can now burn calories as you eat



Beijing: McDonald's restaurants in China are replacing regular table seats with stationary bikes in an apparent effort to promote exercise.

Viral videos that have been doing the rounds online over the past week show stationary bikes being used as seats at McDonald's eateries in Gunagdong.

Made out of recycled plastic, the bikes not only encourage patrons to start burning calories as they eat, but they also allow people to recharge their smartphones with the generated energy.

According to McDonald's China, there are currently 10 such "Green Charging Bikes" at two restaurants in Guangdong and Shanghai.

HEALTH CAPSULE

In which age group kidney stones are common?

It can occur in any age group but more common from 20 yearsto 50 years of age

By Dr Dinesh Kumar T. P. - Consultant Urology
Manipal Hospital, Mysore

manipalhospitals
LIFE'S ON

** Health Capsule is not intended to be of a diagnostic nature*

Ganga Kalyana Special House Panel in Mysuru tomorrow

Mysuru, Jan. 3 (SSM) - In order to examine irregularities in the sinking of borewells in the farm lands of beneficiaries belonging to SC, ST, Backward Classes and Minority community under Ganga Kalyana Scheme between 2015-2020, the Karnataka Legislative Council's Special House Committee will be visiting Mysuru on Jan. 4.

The beneficiaries may submit their demands and complaints, if any, to the Committee.

From 12.30 pm to 2.30 pm, the Committee will conduct spot inspection near borewells in the farmers' land; From 3 pm to 4.30 pm, a meeting will be conducted at Mysuru Zilla Panchayat auditorium along with Deputy Commissioner, people's representatives, ZP CEO, Managing Directors of various Boards, General Managers and the concerned District and Taluk-level Department Officers.

Ganga Kalyana Special House Committee Chairman Dr. Y.A. Narayanaswamy, Committee members Basavaraja Patil Itagi, S. Ravi, M.P. Sunil Subramani, Nirani Hanumanthappa Rudrappa, M.A. Gopalaswamy, Kantharaju, B.M. Farooq and K. Pratap Simha Nayak will be present on the occasion, according to a press release.

REALLY...?

- ***The historical district of Bijapur, known for 'Gol Gumbaz' is fascinatingly the land of 5 rivers as well. The rivers flowing through this district include Krishna, Bhima, Doni, Malaprabha and Ghataprabha.***
- ***Karnataka is associated with 6 States' borders — Goa and Maharashtra in the west, Andhra Pradesh in the north-east, Telangana in the north, Tamil Nadu in the east-southeast and Kerala in south-west.***
- ***Did you know Lalbagh Botanical Garden has a priced collection of some of the oldest rock formations of the world. Dating back to 3,000 million years ago, these rocks are known to have originated before dinosaurs.***

LAUGHTER THE BEST MEDICINE

Banta: *Why did you beat your wife so much?*
Santa: *The ayurved told me to "beat properly" before administering the medicine to her!*

TODAY'S CURRENCY RATE

1 US Dollar	= Rs. 74.43
1 UK Pound	= Rs. 100.49
1 UAE Dirham	= Rs. 20.27
1 Euro	= Rs. 84.44

COVID-19 UPDATE - MYSURU

	JANUARY 1	JANUARY 2
Day's Positive Cases	29	20
Total Positive Cases	1,80,304	1,80,324
Day's Discharges	7	8
Total Discharges	1,77,759	1,77,767
Day's Deaths	0	0
Total Deaths	2,436	2,436
Total Active Cases	117	129

NOTE: Figures as per Government Media Bulletin

VOICE OF THE READER

Language priority in sign-boards

Sir,

This has reference to the news item under the title 'Kannada name-boards: Defaulting business establishments warned' (*SOM* dated Oct. 23, 2021).

Mysuru City Corporation (MCC) Mayor, has in a press statement, said that it is mandatory for all commercial establishments to have 60 percent Kannada and 40 percent English in their name-boards. Any violation to this rule will invite action, the release said. It is a welcome step indeed.

During my recent visit to Pune I have noticed that all sign-boards and destination boards in public transport (except before Central Government Offices and its Undertakings and in National Highways) are in Marathi language only, despite Pune being a Metropolitan City.

It is needless to mention that in Gujarat, Tamil Nadu and in some other States also we find similar situation.

Even though there is nothing wrong in demanding for primacy to regional language, traders should be allowed to use English also like in Karnataka.

Tourists are worst affected if they do not know the local language. They become literally illiterate. Karnataka Government's decision to promote national integration is laudable and deserves appreciation.

—V.K. Guruprakash
K.R. Mohalla 30.10.2021

India's COVID vaccination successful: Government

New Delhi, Jan.3 (UNI)- The Government on Sunday said that the media reports about India's COVID-19 vaccination campaign not achieving the target are misleading.

The Union Ministry of Health and Family Welfare said that India's National Immunization Campaign is the most successful and largest among many developed Western countries in the global fight against COVID-19. The Ministry said that such reports in the media are misleading and do not reflect the full situation.

According to the Ministry, 90 percent of the eligible citizens have been vaccinated for first dose and 65 percent for the second dose so far in the National Immunization Campaign that started from Jan. 16, 2021.

India has achieved many unprecedented milestone in this campaign. More than one hundred crore vaccine doses have been administered in less than nine months in India.

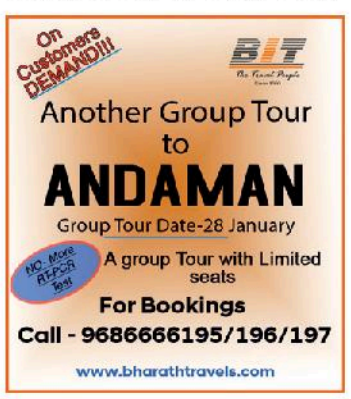
Plea to start Saturday classes at 9 am instead of 7 am

Mysuru, Jan. 3 (KS) - Mysuru City (District) Congress Committee (DCC) has urged the authorities concerned to commence Saturday classes at Schools from 9 am instead of 7 am.

In a press release, DCC Member Radiulla Khan and former Press Secretary of DCC Minority Department Mirza Jamsheed Baig Ashrafi have stated that due to severe cold and mist in the mornings, students from 1st to 10th std. were finding it difficult to attend classes which start at 7 am on Saturdays. Hence, they have urged the Primary and Secondary Education Minister to change the school timings to 9 am on Saturdays.

Ph.D monthly scholarship

Mysuru, Jan. 3 (ASC)- The Backward Classes Welfare Department (BCWD) has invited online applications from Backward Class community students of fresh batch belonging to Category-1, 2A and 3A pursuing Ph.D degree, for availing monthly student scholarship of Rs. 10,000. Only those students who are pursuing their Ph.D in any Karnataka Government Universities or Universities affiliated with the Government and studying in the academic year 2021-22 may apply online (*www.backwardclasses.kar.nic.in*) before Jan. 16. Candidates who have submitted applications must carry a copy of filled-in form and a set of authenticated documents and submit it to the District BCWD Officer before Jan. 17. For details, contact Mob: 80507-70004.



Amara Shilpi Jakanachari Commemoration Day held

Mysuru, Jan.3 (RK&DM)- Amara Shilpi Jakanachari Commemoration Day was held at a programme jointly organised by District Administration, Kannada and Culture Department and Vishwakarma Sri Amara Shilpi Jakanachari Samsmarana Dinacharane Samiti at Kalamandira here on Jan.1.

Speaking after inaugurating the programme, MLA L.Nagendra pointed out that Amara Shilpi Jakanachari sculpted the famous Channakeshava temple at Belur in Hassan district and added that it is necessary to support Vishwakarma community for taking forward the legacy of the iconic sculptor.

Maintaining that he has already given Rs.10 lakh for Vishwakarma temple and Rs. 5 lakh for Vishwakarma Hostel out of his Legislators' Fund, Nagendra promised to give Rs.5 lakh more for the development of the community. He called upon the community members to fight unitedly for integrated development of the community members.

Deputy Commissioner Dr. Bagadi Gautham, KEA Chairman Hemanth Kumar Gowda, District Kannada Sahitya Parishat President Maddikere Gopal, SDM College faculty Dr. Vinoda, Corporator Ramesh (Ramani), Rangayana Joint Director Mallikarjunaswamy, Kannada and Culture Assistant Director H. Channappa, noted sculptor Arun Yogi, Vishwakarma community leaders Huchhappachar, Siddachar, Chayadevi, Vasanthkumar and others were present on the occasion.

Chaduranga had accepted Bandaya Sahitya as his own, says MP Dr. Hanumanthaiah

Mysuru, Jan.3 (PM&DM)- Maintaining that litterateur Dr. Subramanya Raje Urs, who was popularly known as Chaduranga, had accepted Dalit Bandaya Sahitya as his own, Congress Rajya Sabha MP Dr. L. Hanumanthaiah said that just like Kuvempu, Chaduranga too scripted mythological characters in accordance with contemporary times in his works.

He was speaking at the 107th birth anniversary of Chaduranga at a programme organised by Anveshana Seva Trust at the Institution of Engineers on JLB road here on Jan.1.

Pointing out that Chaduranga lent a voice to the exploited and oppressed sections of the society through his literary works, Dr. Hanumanthaiah observed that the great writer also propagated human and life values in his books.

Noting that though Chaduranga came from a rich family he led a simple and humble life, the MP said that though Chaduranga did not write many books, all his books are valuable and documentable ones.

Asserting that Chaduranga sought to send out a message to the society through films which were based on his works, he opined that his works focused much on life values. He also contended that Chaduranga had concerns even for the last person in the lower strata of the society.

Columnist and retired Police officer J.B. Rangaswamy, who presided, recalled his association with Chaduranga.

Vijayalakshmi Urs, daughter-in-law of Chaduranga, who was the guest of honour, said that Chaduranga's life was like an open book and she never saw Chaduranga agitated for any reason. Recalling that Chaduranga used to discuss with her before writing a book, she recalled that Chaduranga treated her like his daughter.

Anveshana Trust President Dr. M.G.R. Urs, in his address, said that Chaduranga had imbibed Buddha's preachings. He further said that Chaduranga had also made a documentary on Kuvempu.

Newly elected MLC Dr. D. Thimmaiah, senior Journalist Ravindra Bhat, Anveshana Seva Trust Founder Amarnath Raje Urs, Vice-President H.M.T. Lingaraje Urs, Chaduranga's son Dr. S.N. Vikram Raje Urs and others were present.

NEWS BRIEFS

Talk on 'Species of Ratites'

A talk on 'Species of Ratites' by Dr. R. Purnima, formerly Professor of English, KSOU and presently Director, Children's Literary Club, Mysuru, has been organised at Chamundi Children's Home, II Stage, Brindavan Extension, at 5.30 pm tomorrow (Jan. 4).

Newly elected MLCs to take oath on Jan. 6

The 25 new MLCs, who were elected for the Legislative Council seats from Local Authorities Constituencies of the State, for which polls were held on Dec. 10, 2021, will take oath as new Members of the Council at Vidhana Soudha's Banquet Hall at 11 am on Jan. 6. Legislative Council Deputy Secretary B.A. Basavaraju has shot off a letter to all the 25 newly elected MLCs asking them to come along with the election certificate issued by the respective Returning Officer and take oath on Jan. 6. The term of all the current MLCs who were elected from Local Authorities Constituency, will end on Jan. 5.

Ph.D awardee

B.R. Ramaraju has been awarded Ph.D in Gandhian Studies by the University of Mysore (UoM) for his thesis 'Gandhijiyavara Drushtiyalli Prajasattatmaka Thatvagala Adhyayana' submitted under the guidance of Dr. M.G. Hanumantharaju.

WATER LEVEL

KRS DAM

Maximum	:	124.80 feet
Today	:	123.14 feet
Yesterday	:	123.16 feet
Inflow	:	1,438 cusecs
Outflow	:	1,548 cusecs

KABINI DAM

Maximum	:	2,284.00 feet
Today	:	2,283.22 feet
Inflow	:	468 cusecs
Outflow	:	463 cusecs

HARANGI DAM

Maximum	:	2,859.00 feet
Today	:	2,855.24 feet
Inflow	:	427 cusecs
Outflow	:	50 cusecs

Cong. accuses Centre of delaying permission for Mekedatu project

KPCC President D.K. Shivakumar and Opposition Leader and former Chief Minister Siddharamaiah inaugurating the Congress party's Mekedatu awareness and Congress membership registration rally at Chamarajanagar yesterday.

Chamarajanagar, Jan. 3 (SS&DM)- Accusing the Centre of delaying permission to Karnataka's Mekedatu water project due to pressure from BJP leaders of Tamil Nadu, Opposition Leader and former Chief Minister Siddharamaiah appealed the people of Chamarajanagar to take part in large numbers for Congress party's Mekedatu Padayatra that starts from Jan. 9.

Addressing the party's Mekedatu awareness and Congress membership registration rally at Chamarajanagar yesterday, Siddharamaiah alleged that Tamil Nadu BJP leader Annamalai is on a dharna against Karnataka's Mekedatu Cauvery water project that is planned to come up at Karnataka-Tamil Nadu border and this was preventing the Centre from according sanction for the project.

Contending that Karnataka BJP leader and former Minister C.T. Ravi too is against the project, Siddharamaiah maintained that the Centre's callous attitude has delayed the execution of the project and the Congress has now taken up the cause of the project for the sake of the people of Cauvery basin.

Pointing out that the Mekedatu to Bengaluru Padayatra will commence on Jan. 9, he said that the Congress Government in 2017 had prepared the DPR concerning the Rs. 9,000 crore project and sent it to the Centre for approval. But even after 5 years, the Centre is yet to give clearance for the project because of pressure from Tamil Nadu, which is vehemently opposing the project. He appealed the people to send at least one member of their house to take part in the 10-day Padayatra.

KPCC President D.K. Shivakumar, in his address, said that the Padayatra has been launched with the theme 'Namma Neeru, Namma Hakku' (Our water, our right) and appealed the people to take part in large numbers.

Arguing that the construction of Mekedatu Dam will help in storage of large volume of water in Harangi, Hemavathi and other Cauvery Basin Dams, he said that Karnataka has every right to use Mekedatu water for drinking and irrigation purpose. Stating that certificates will be issued to all participants of the Padayatra, he appealed the people to write poems and songs and prizes will be given for the best ones.

KPCC Working President R. Dhruvanarayan, Legislators C. Puttarangashetty, R. Narendra, Veena Achaiah and Dr. D. Thimmaiah, former MLAs A.R. Krishnamurthy, S. Jayanna and Balaraj, KPCC Women's Wing President Dr. Pushpa Amarnath, former MPs A. Siddaraju, Kagalawadi Shivanna and others were present.

Earlier, Siddharamaiah and D.K. Shivakumar, who came in the same car from Kollegal to Chamarajanagar, were given a rousing reception by the party workers upon arrival at Chamarajanagar. Later, they visited the famed Chamarajeshwara Temple and sought the blessings of the deity. Thereafter, the two leaders marched in a Padayatra that started from the town's Traveller's Bungalow (TB). The Padayatra passed through Sultan Shariff Circle, KSRTC Bus Stand, Bhuvaneshwari Circle, Santhemarahalli Circle, Chikka Angadi Beedi and Nrupatunga Circle, covering a distance of 2 kms, before reaching the rally venue at Old Private Bus Stand, in which thousands of people took part.

District Minister S.T. Somashekar lashes out at Congress

S.T. Somashekar

Mysuru-Chamarajanagar District-in Charge Minister S.T. Somashekar took potshots at the Congress for its Mekedatu rally. Speaking to press persons at Chamarajanagar on Sunday, Somashekar said that the Congress has embarked on the padayatra only out of political considerations.

Asserting that the State BJP Government was committed for the execution of Mekedatu project, he accused the Congress of doing nothing while in power. Highlighting the efforts being made by Chief Minister Basavaraj Bommai for the implementation of Mekedatu water project, he said that the CM will come up with a briefing in a couple of days on the efforts being made.

Slamming Siddharamaiah and D.K. Shivakumar for making baseless corruption charges against the Government, he challenged the Congress leaders to come up with documents in support of their claims.

Obituary

Nanjundaiah

Mysuru, Jan. 3- Nanjundaiah (76), a retired Revenue Department employee and a resident of HUDCO in Kuvempunagar, passed away yesterday in city.

He had also served as the Hon. President of Kuvempunagar HUDCO Ganapathi Temple.

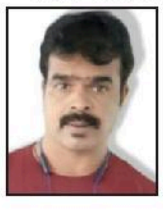
He leaves behind his wife, two sons and a daughter. Last rites were performed at N.R. Mohalla Burial Grounds today.

Dhanalakshmi

Dhanalakshmi (73), wife of Merchant Co-op. Bank former President late A.N. Jagadish and a resident of Vidyanagar, passed away yesterday in city.

She leaves behind children Vallishree and Ganesh Prasad. Last rites were performed yesterday.

M.S. Santosh



M.S. Santosh (40), Physical Education Teacher at Maharshi Institutions and a resident of Chamundipuram, passed away yesterday following a heart attack.

He leaves behind his parents and a host of relatives and friends. Last rites were held at his native place H.D. Kote this afternoon.

Marie Antoinette Dove (Ann)

Marie Antoinette Dove (Ann), a resident of Naidu Nagar, passed away on Dec. 30 in city following prolonged illness. She was 63.

She leaves behind her husband, one son, two daughters, daughter-in-law, sons-in-law and grandchildren.

Funeral was held at the Catholic Cemetery on Mahadevapura Road in Gandhinagar on Dec. 31.

S. Chandrashekar

Mandya: S. Chandrashekar (59), a Librarian at a private college in Mandya and a resident of Kuvempunagar, Mandya, passed away at a private hospital in Mysuru yesterday night following brief illness.

He leaves behind his wife and a daughter. Last rites were performed this afternoon at Mandya.

Music to ears: Daily Police Band at Palace

English and Karnatak Band with majestic background between 5 pm and 6 pm

Mysuru District in-Charge Minister S.T. Somashekar and MLA S.A. Ramdas beating the drums during the inauguration of the daily performance schedule of Police Band at Mysore Palace premises last evening as MLA L. Nagendra, Zoo Authority of Karnataka Chairman L.R. Mahadevaswamy, Khadi and Village Industries Board Chairman N.R. Krishnappa Gowda, City Police Commissioner Dr. Chandragupta, Deputy Mayor Anwar Baig, Deputy Commissioner Dr. Bagadi Gautham, Jungle Lodges and Resorts Chairman M. Appanna, Mysore Paints and Varnish Limited Chairman N.V. Phaneesh, MUDA Chairman H.V. Rajeev and others look on.

Karnatak and English Bands performing at the Mysore Palace premises last evening.

Mysuru, Jan. 3 (MK&BCT)- The famed Police Band that usually gets attention only during Dasara or during events like Independence Day and Republic Day Parades or during the visit of any VVIP or a foreign dignitary will henceforth be a daily feature at the Mysore Palace.

From now on, people can listen to foot-tapping music in the Band performance that is both visually appealing — with uniforms, shining musical instruments — and soothing to ears and mind. Last evening was the first performance of the daily affair and people came in large numbers after seeing the Flower Show that concluded yesterday.

The daily performance schedule was inaugurated with a drumbeat by District Minister S.T. Somashekar in the presence of various dignitaries. **The Band will perform daily from 5 pm to 6 pm and will comprise both Kannada and English Bands.**

The intention of the daily performance is to attract many tourists who are in Mysuru most of the days. They will visit the Palace and this will be an added attraction in the evening. "Tourists are seasonal and when they come, the Police Band performance might not be there. To fill the gap, we have initiated this daily band concept so that the uniqueness of the Band is not missed," Somashekar said.

"The aim is to retain the tourists in Mysuru itself after they see the Police Band so that the hospitality industry is benefited. Usually, tourists leave Mysuru to other tourist destinations after visiting attractions like the Chamundi Hill, Mysuru Zoo and KRS Dam," Somashekar said and recalled the contribution of the Wadiyars to the cause of culture and music.

In the first daily performance, the Police Band enthralled the audience where a jugalbandi was performed by the English and Karnatak Bands. While the English Band was led by B. Manjunath, the Karnatak Band was led by R. Mohan. Later, the troupes performed music legend A.R. Rehman's 'Jai Ho' and also performed 'Made in India' and a Kannada patriotic number.

MLAs S.A. Ramdas and L. Nagendra, Deputy Mayor Anwar Baig, MUDA Chairman H.V. Rajeev, Chairmen of various Boards and Corporations L.R. Mahadevaswamy, S. Mahadevaiah, N.V. Phaneesh, N. Shivalingaiah, Krishnappagowda, M. Appanna, Deputy Commissioner Dr. Bagadi Gautham, City Police Commissioner Dr. Chandragupta, DCPs Pradeep Gunti and Geetha Prasanna, Mysuru Palace Board Deputy Director T.S. Subramanya and others were present.

A section of audience at the Mysore Palace last evening during the Police Band.

A slice of history

It was Sri Chamarajendra Wadiyar X (Chamaraja Wadiyar X) who took music to the masses of the Kingdom of Mysore with the Palace Bands — the English Band playing Western music and the Karnatak (Carnatic then) Orchestra playing Karnatak classical music. The bands were formed in 1868 and came to be an integral part of the social fabric of Mysore in the years to follow.

Though the present Mysore Police Band traces its origin to 1868, it has evolved over the past years assuming different names at various points of time. The Band came to be known as the Palace Band under the patronage of Nalwadi Krishnaraja Wadiyar who constructed the Band House on the road leading to Vasantha Mahal Palace in Nazarbad, now housing the District Institute of Education and Training (DIET). The road was later named after Dewan Sir Mirza Ismail.

In 1952, when Kengal Hanumanthaiah became the Chief Minister, he brought the Palace Bands under the Police Department and from then, it was called the Police Band.

A special wing of the Mysore City Police was formed and trained to play melodious instrumental music to enthral connoisseurs and common man.

BJP attempting to foil Congress Party's Mekedatu Padayatra: KPCC President

CM using lockdown threat to thwart padayatra from Jan.9

Mysuru, Jan. 3 (MTY&DM)- Accusing the ruling BJP Government of making all possible attempts to thwart the Congress Party's Mekedatu Padayatra that is scheduled to start on Jan. 9, KPCC President D.K. Shivakumar alleged that the Government was using COVID lockdown threat to stall the padayatra, fearing its success.

Addressing a joint press meet along with Opposition Leader Siddharamaiah at Patrakartara Bhavan here this morning, Shivakumar slammed Chief Minister Basavaraj Bommai for saying that Bengaluru is likely to be declared as a Red Zone in the wake of rising COVID cases.

KPCC President D.K. Shivakumar and former CM Siddharamaiah addressed a joint press meet at Patrakartara Bhavan here this morning as KPCC Working President R. Dhruvanarayan looks on.

No Red Zone

Arguing that no lockdown nor declaration of Red Zone is necessary for containing the virus at this stage in Karnataka, the KPCC President thundered that the padayatra would go on as scheduled come what may. He further said that the CM was scared of the huge public response that the Congress is getting for the padayatra.

Charging the BJP Government's utter failure in governance, Shivakumar claimed that he was alerted by some on the BJP's plans and ploys to foil the padayatra.

Reiterating that the 10-day padayatra (Jan.9 to 19) would go on as scheduled with all COVID appropriate behaviour in place, he said that the Congress will keep one lakh face masks, sanitisers etc., for use by participants.

100 doctors to be deployed

Noting that more than a hundred doctors and paramedical staff from the party's Medical Cell will be deployed during the padayatra, he said that shelters for party workers and others will be set up at necessary points all along 160 km-long padayatra.

Hitting out at BJP for calling the padayatra as a political gimmick, Shivakumar said that one must remember that the DPR for the project was prepared when Siddharamaiah was the Chief Minister. Highlighting the benefits of Medkedatu Water Project, he accused the Centre of stalling the project for the sake of Tamil Nadu. Urging the Centre to give environmental clearance for the project at the earliest, he alleged that the BJP leaders had failed in protecting the interests of the people of Karnataka.

Feasibility report

Opposition Leader and former CM Siddharamaiah too came down heavily on the BJP Government for making clandestine efforts to block the padayatra in the name of pandemic.

Recalling that he as Chief Minister in Oct. 2013, had submitted a feasibility report on Mekedatu Project to the Centre, he said that later on another DPR was prepared and forwarded to the Central Water Commission (CWC), when the BJP Government headed by Narendra Modi came to power.

Subsequently, the CWC sent it back seeking certain clarifications on several salient features of the project. Thereafter, D.K. Shivakumar, who became Water Resources Minister in the JD(S)-Congress coalition Government prepared a Rs.9,000 crore fresh DPR, which the current Union Government is sitting upon it without taking any decision, he maintained.

Dismissing the BJP's allegations that the padayatra was nothing but a political gimmick, Siddharamaiah asserted that while the Congress and coalition Governments made honest efforts to execute the project, the current BJP Government is unnecessarily dragging its feet, by failing to give environmental and other mandatory clearances.

Charging Tamil Nadu BJP leaders of blocking the project, Siddharamaiah recalled that even the Supreme Court had rejected Tamil Nadu's petition against the project, saying there was no merit in it.

Explaining the benefits of the project, Siddharamaiah said that the project is purely drinking water projects that benefits over 2.5 crore people of Mysuru, Bengaluru, Chamarajanagar and other districts of Mysuru region. Arguing that Karnataka has every right to utilise its rainfall water to the full extent, the former CM bemoaned that the sluggishness of the BJP Government had resulted in 200 TMC of water in Cauvery basin going waste into the seas.

Drinking water needs

Pointing out that four dams of Cauvery river — KRS, Hemavathi, Harangi and Kabini — can together hold 115 TMC of water, he said that with the execution of Mekedatu Project, these dams can hold another 66 TMC of water, which is enough to meet drinking water needs of several districts throughout the year. He further said that the project has the capacity to also generate 400 MW power, that can be supplied to the bordering districts of both the States.

Targeting BJP Government, Siddharamaiah alleged that the Centre was silent on the project as its leader Annamalai had staged a dharna opposing the project. He also charged Karnataka BJP leader and former Minister C.T. Ravi, who is also Tamil Nadu BJP In-charge, of betraying the interests of Karnataka, for promoting the BJP in Tamil Nadu.

KPCC Working President R. Dhruvanarayan, City Congress President R. Murthy, District President Dr. B.J. Vijaykumar, former MLA M.K. Somashekar, leader H.A. Venkatesh and others were present at the press meet.

Mammoth rally in city as prelude to Mekedatu Padayatra

Mysuru, Jan. 3 (PM&KS) - COVID norms went for a toss in city this morning as thousands of Congress leaders and Party workers, led by former Chief Minister Siddharamaiah and KPCC President D.K. Shivakumar took out a rally for the implementation of Mekedatu project and also for Party membership drive. The rally commenced after Siddharamaiah and Shivakumar garlanded the statue of Basaveshwara at Gun House Circle. The rally passed through Chamaraja Double Road, Ramaswamy Circle, JLB Road and Field Marshal K.M. Cariappa Circle before reaching Congress Bhavan, near City Railway Station for the convention.

Traffic on the route came to a standstill, while traffic jams were seen on nearby roads. A huge apple garland, lifted using a crane, was placed on the vehicle carrying the Congress leaders during the rally.

MLAs Tanveer Sait, Dr. Yathindra Siddharamaiah, Anil Chikkamadu and K. Venkatesh, former MLAs Vasu, M.K. Somashekar and Kalale Keshavamurthy, former MP Shivanna and others took part.

City road named after former MP N. Rachaiah

Mysuru, Jan. 3 (MTY&DM)- As a tribute to the contributions of former Lok Sabha MP N. Rachaiah, the Mysuru City Corporation (MCC) has named the stretch of the road leading from Teresian College Circle at Siddarthanagar to Alanahalli Gate on T. Narasipur Road, as N. Rachaiah Road.

NR MLA Tanveer Sait unveiled the new nameboard of the road that reads 'Dalita Dhwani N. Rachaiah Road' at a programme organised by the MCC at Teresian College Circle yesterday.

Speaking on the occasion, Tanveer Sait said that N. Rachaiah, who belonged to Dalit community, always strived for the upliftment of oppressed and other weaker sections of the society.

Pointing out that Rachiah had a lot of social concern, he said that the late leader is a model for leaders of the present generation. He was happy that a prominent road of the city has been named after N. Rachaiah, Tanveer Sait added.

MLC R. Dharmasena, who is also the son of N. Rachaiah, said that establishment of N. Rachaiah Chair in University of Mysore (UoM), sanctioning of N. Rachaiah Memorial Bhavan at T. Narasipur, publication of a book on Rachaiah by the Legislative Assembly and now the naming of road after the late leader, are all the honours that have come in recognition of his services to the society.

Corporator Rajani Annaiah, former Deputy Mayor Sridhar, leaders Annaiah, M.A. Kamala, Anantharamu, Somashekar, Kalaiah and others were present.

Lockdown in Bengaluru or semi-lockdown in State?

(Continued from page 1)

The Committee has already recommended to the Government about the need for lockdown and this has been hinted at time and again by Ministers like R. Ashoka and Araga Jnanendra.

"Bengaluru is in the Red Zone according to the list declared by the Union Government. It is important to sound an alert in Bengaluru. We can save people's lives if we impose more restrictions in Bengaluru and reduce the number of hospitalisations," Ashoka said.

The Chief Minister is in favour of a semi-lockdown in Bengaluru and border districts including Mysuru, Mangaluru and Belagavi where the influx of people is high from Kerala and Maharashtra where the cases are spiking every day.

Borders may see stricter curbs as even the Technical Advisory Committee (TAC) has indicated that a major portion of the infection (virus) carriers are from Maharashtra and Kerala and also from foreign lands.

At present, the Karnataka Government has imposed a night curfew from 10 pm to 5 am from Dec. 28 till Jan. 7 morning.

In all probability, the night curfew will be extended with more curbs to prevent people from moving and congregating at one place.

Speaking to the reporters this morning, Chief Minister Basavaraj Bommai said that the two meetings had been convened to decide upon a future course of action on whether the State needed to impose a lockdown or a semi-lockdown without hampering economic activities.

"As of now, I have instructed strict adherence to all COVID-19 protocols...and the guidelines issued till now are in force," he added.

He said that the Government would be compelled to impose restrictions in districts bordering Kerala and Maharashtra. "People should follow guidelines and avoid creating a situation that may force the Government to impose a lockdown," he said.

COVID vaccination for students

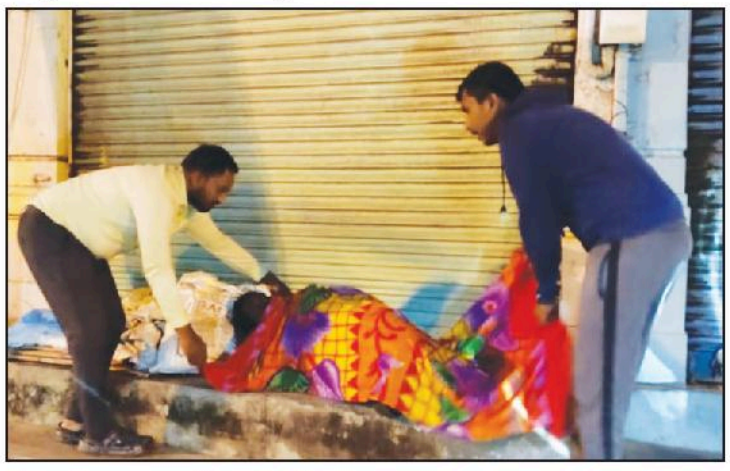
(Continued from page 1)

Health Department officials told *Star of Mysore* that students are enthusiastically getting themselves jabbed as there is increased awareness and even the safety aspect of the vaccine has reached the masses.

Mysuru Urban has 52,943 children between the age group of 15 and 17 and Mysuru Rural has 13,966 children. Covaxin is being administered to children in this age group and they will be eligible to take the second dose of the vaccine after a gap of 28 days.

MLAs S.A. Ramdas and L. Nagendra, Mayor Sunanda Palanetra, Deputy Commissioner (DC) Dr. Bagadi Gautham, Additional DC Dr. B.S. Manjunathaswamy, Zilla Panchayat (ZP) CEO A.M. Yogesh, MCC Commissioner G. Lakshmikantha Reddy, Corporator Pramila Bharat, District Health Officer (DHO) Dr. K.H. Prasad and others were present when the vaccination drive was launched.

Trust welcomes New Year by distributing blankets to homeless



Mysuru, Jan. 3 (RKB&KS)- While most of the people preferred to stay home to welcome New Year with their family and friends on Dec. 31, the members of KMPK Charitable Trust went around the city distributing blankets to the homeless who were found sleeping in front of shops and on roadsides.

Led by Trust President Vikram Iyengar, the members, who went around the city, found many homeless people sleeping under trucks without a mat beneath them or even a bed spread to protect them from cold.

The Trust members distributed about 50 blankets to them, thus welcoming 2022 in a unique way.

Parisara Snehi President Lohit, Suchendra, Dhanraj, Renuka Raj, Naveen Kempi, Rakesh, Chethan, Kantharaju, S.N. Rajesh, Deepak, Sandesh, Kadakola Jagadish and others took part in the blanket distribution drive.

Bharat Biotech picks up unused Covaxin stocks, re-labels them

New Delhi, Jan. 3 (Agencies)- As India started vaccinating its teenagers, Bharat Biotech, the maker of Covaxin, has started to pick up unused stock from private hospitals to re-label the shelf life. Covaxin is the only vaccine available for vaccination drive for teenagers now.

The company got a shelf life extension in December, when the country's drug regulator allowed a shelf life of 12-months for Covaxin.

Therefore, upon receiving the order from the Central Drugs Standard Control Organisation (CDSCO) the company started lifting unused stock from hospitals to re-label the shelf life from nine months to 12 months.

"The company, after receiving the approval from the regulator on the extension of shelf life to 12 months, has already begun lifting the unused stock from private hospitals at its own expense for re-labelling. It will also conduct testing and inspection before re-labeling," a company source said.

All hospitals that have placed new orders have also started receiving fresh stocks. COVID-19 vaccine shelf lives have been extended from time to time as more stability data was generated and manufacturers were able to submit it with the Drugs Controller General of India (DCGI).

"Approval of shelf-life extension is based on the availability of additional stability data, which was submitted to CDSCO. With the shelf-life extension, hospitals can now utilise the stock which was nearing the expiry and avoid vaccine wastage," the company had said in December.

Moreover, the CDSCO had also noted that an opened vial of Covaxin can be stored at 2-8 degree Celsius for up to 28 days and is not required to be discarded immediately in a day or at the end of immunisation session.

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— Management

CHANGE OF NAME
I, Abdul Saleem, residing at # 305/1, 6th Cross, 'C' Block, Ghousiya nagar, Mysore-570019, have changed my name from **Abdul Saleem C.A. to Abdul Saleem** on my own freewill sworn before Notary C.R. Seetharam, Mysore vide affidavit dated 28.12.2021.
Sd/- Abdul Saleem

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Vaastu Feng Shui & Bio-Energetics

By **S.B.S. Surendra,** Accredited Master Feng Shui Consultant

Ushering in prosperity in the year ahead

As we step into the New Year based on Gregorian Calendar Year which begins on the 1st of January, countries which follow the Chinese Calendar and more specifically Feng Shui enthusiasts and Practitioners gear up to invite the new energies which manifest around the Chinese New Year which normally follows the Gregorian New Year.

After almost two years of downtrend due to pandemic, all of us do look forward to better times and restore normalcy in our lives, yet we come across many obstacles and all of us have learnt in the recent times how uncertain things could get. Nevertheless, creating a positive and harmonious space ensures we do not lose focus, hope and positivity in the year ahead.

The Chinese New Year celebrated with great enthusiasm and fanfare is based on the Chinese Lunar Calendar and it falls within a window of 21st January to 21st February each year. However, from the Feng Shui standpoint, the energy changes set in on the 4th of February each year which is based on Solar or the Chinese Famer's Calendar.

The year prognosis and the fortunes of each of the Zodiac is strongly influenced each year and the clash and combine of the elements postulates the fortunes for the Individual, Global, Economy, Weather, Finance Luck. The analysis for the year ahead would soon be shared with the readers too.

To activate good energies and counter the unfavorable energies, certain basic guidelines and practices would need to be put in place and Feng Shui annual corrections in a home or office would be beneficial.

We literally mirror our environments and it is a known fact that like attracts like and vibrates in harmony. The mystical actually influences the practical. Hence, adapting appropriate Feng Shui enhancers and cures in the specific sectors of a building can protect, bring in abundance and make things smooth for a comfortable year ahead.

It is said that our surroundings affect our body, mind and spirit. Everything has an energy field and is, in a sense, "alive", everything is connected and everything is always changing. It makes sense that we are greatly influenced by the things and people around us.

To make the year ahead meaningful and beneficial,

• Begin with a through spring cleaning and de clutter your home and office space, send out things which are not of use.

• Take a closer look at your immediate surroundings, car garage and areas which are often prone to storage of clutter and waste, clean up these areas.

• Re-do your space and give away things you no longer need or have an imprinmt of not so happy past.

• Bring in greenery and indoor plants especially jade, bamboo, spider plant and peace lilies to reenergise your space.

May the universe grant you all that are beneficial and fulfill your aspirations in the year ahead and beyond.

[fengshui@fengshuiserver.com]

TiE conference focuses on entrepreneurship, standards

Mysuru, Jan. 3 (OSR)- It is possible to create a world-class entity in Mysuru, said Aroon Raman, Managing Director of Telos Investments & Technologies, Bengaluru. He was delivering the valedictory keynote address at TiEcon Local, the annual conference on entrepreneurship held by The Indus Entrepreneurs (TiE) Mysuru recently.

Laser focus on better products, better delivery at better cost with centrality of culture with a global supply strategy helped in growing Raman Boards into a global company. "Our roadmap of vision, quality and process-centric culture, world-class plant and infra at Indian prices, global best-in-class delivery and multi-product one stop shop for insulation made us a leader in our industry," he added.

Delivering his address on 'Road to 5 trillion dollar economy,' **Dr. R. Balasubramaniam, Member-HR, Capacity Building Commission, Government of India,** called upon entrepreneurs to join in shaping the future of this country. "We are all supposed to shape the futures of this country. And with all coming together, we have been able to achieve the largest vaccination drive in the world," he added.

"This same participation will take us to a 5 trillion dollar economy and once we start moving, it's difficult to stop," he quipped.

Elaborating on the vision of New India, he said that there are five steps for it — building 5 trillion dollar economy: People who build economy matter and for that we have to build an enabling systems, process and conducive environment, ease of living for citizens and ease of doing business, technology-enabled governance to enable entrepreneurs an extraordinary opportunity, atma nirbhar (self-reliance) which should become our DNA and citizen-centric delivery of goods and services with respect and dignity.

The highlight of the conference was the conferment of Lifetime Achievement Award on Prof. M.H. Dhananjaya, Founder and Chairman, Excelsoft Technologies, R. Guru, Chairman, NR Group & NR Foundation and Achutha B. Krishnamurthy, former CEO, Unilog Content Solution Pvt. Ltd.

The three-day hybrid conference had the first two days online and last day was offline. There were over nine hours of sessions by nearly 20 speakers from Dubai, USA, Singapore and India, who participated in fireside chat and founder stories.

Lifetime Achievement Award being conferred on R. Guru, Chairman, NR Group & NR Foundation, by The Indus Entrepreneurs (TiE) Mysuru Chapter President Ajith Pai (right) and Governing Board Member Pavan Ranga at TiEcon Local, the annual conference on entrepreneurship held by TiE Mysuru recently.

The three-day hybrid conference had the first two days online and last day was offline

In his address, **scion of erstwhile Mysore royal family Yaduveer Krishnadatta Chamaraja Wadiyar** said that Mysuru has always been a hotbed for entrepreneurship or innovation. "It is important to note that it wasn't only restricted to traditional culture but beyond that we indeed had a heritage of innovation and entrepreneurship, which is what we need to do going forward," he said.

In the session 'Mysuru and Yoga: The Story of a Symbiotic Legacy,' **Sharath Jois, Founder, Sharath Yoga Centre, Mysuru,** said that Mysuru is conducive to do Yoga. "Everyone should do Yoga since there are benefits for the body and the mind, in decision-making and to keep a healthy body. Just practice basic Yoga like breathing techniques or Surya Namaskara," he said.

"Yoga was a new concept in India back when my grandfather K. Pattabhi Jois was teaching. We teach Ashtanga Yoga which comes from tradition and from many paramparas. I have devoted myself to Yoga and when I take time off, I do wildlife photography," he revealed.

Other business leaders, who spoke on the sessions, are B.V. Jagadeesh, Founder, Kaaj Ventures, USA; Rajiv Raghunandan, Managing Partner, Arali Ventures; Shyam Shenthar, CEO, o3 Capital, Singapore; Anu Hariharan, Partner, Y Combinator's Continuity Fund, USA; Madhu Chandan, Founder, Organic Mandya; Dr. Chaitra Harsha, MD, Vipragen Biosciences Pvt. Ltd, Mysuru; Srikanth Nadhamuni, Co-Founder & Chairman, Novopay Solutions Pvt. Ltd. Bengaluru; Varchasvi Shankar, CEO, V2Soft. Pvt. Ltd. USA; Sandeep Rao - COO, Remote Roofing, USA; Srivatsa Sreenivasarao - Co-Founder & CEO, TraceX Technologies, Bengaluru; Rohan M. Ganapathy - CEO & CTO Bellatrix Aerospace, Bengaluru; Raj Patil, CEO, Orion Innovation, USA and Venkatraman Balasubramanian, Senior Vice-President & Head, Healthcare & Life Sciences, Orion Innovation.

Sports-related Sudden Cardiac Arrest

By Dr. M.N. Ravi,
Senior Heart Specialist
and Clinical Director,
Narayana Multispeciality
Hospital, Mysuru

Regular gym goers and trained athletes are generally healthier than less active people and therefore less likely to have exercise-related cardiac arrest. Puneeth Rajkumar's death led to extreme emotional reactions and almost cast a negative light on exercise activity in general. Actually the incidence of exercise-related sudden cardiac death is low and the benefits of regular exercise on both physical health and psychological well-being far outweigh the risks.

Exercise Physiology

Exercise increases the cardiac output and blood pressure. To meet the demands of skeletal muscle (most muscles of arms, legs, back) blood pumped from the heart should increase and blood flow from inactive organs should get redistributed to active skeletal muscles. While at rest, muscles receive about 20% of the total blood flow, during exercise the blood flow to the muscles increases to more than 80%. Generally, longer the duration of exercise, greater the burden on the heart.

For example, a full marathon is more stressful than a 100 metre dash. The lungs are also under stress during exercise as oxygen consumption and carbon dioxide production are increased. Oxygen consumption increases exponentially during first few minutes of exercise and maximal oxygen uptake is dependent on an individual's gender, height, weight, lung function, fitness level and type of activity. Trained athletes can have higher oxygen uptake and consumption because of increased cardiac output and better heart function.

Temperature Regulation

The heat produced by the increased metabolism during exercise must be lost to prevent dangerous increase in core temperature. This is achieved by dilation of blood vessels of the skin. When warm blood passes close to the body surface, heat is lost through radiation and conduction. Evaporation of sweat causes fluid and electrolyte loss. Dehydration may lead to impaired cognitive and exercise performance.

Neurological adaptations (control fatigue for example) and hormonal changes also influence exercise capacity. For example, growth hormone increases regulate blood glucose levels.

Exercise-related death

The problem: Exercise-related sudden cardiac death is defined as death happening during or within one hour of physical activity. Age, gender, duration and intensity of physical activity, family history and, of course, underlying medical conditions are important factors that determine negative events during exercise.

Serious events including sudden cardiac arrest occurring after sports or exercise is about 5 percent. The majority of sports-related sudden cardiac deaths have happened in men. Possible explanations include lower rates of participation of women in endurance sports like marathons, women develop artherosclerotic plaques about 8 to 10 years later than men (this difference in age is narrowing), gender differences in plaque morphology, ventricular activity and autonomic factors.

Why sudden cardiac death in the young?

Coronary artery disease is the most common cause — 80 - 85%. Other causes include hypertrophic cardiomyopathy, dilated cardiomyopathy, myocarditis, arrhythmogenic dysplasias, valvular heart disease and physical blow to the chest. In the Framingham Heart study, the incidence of a myocardial infarction over a 10-year follow up was 12.9/ 1,000 in men aged 30 - 34 years and 5.2/ 1,000 in women aged 35 - 44 years. Family history of early heart disease and heart attacks are significant — not just first degree relatives, even second degree relatives. Heart attacks in the young covers inherited genetics, as well as environmental risk factors — diet, lifestyle, smoking.

Inter Heart study indicated that parental history of coronary artery disease was a risk factor independent of environmental, cultural, behavioural and genetic conditions. Also the age of onset of disease in parents and whether parents are affected are valuable information.

"Widow maker" artery - block in the important left anterior descending artery of the heart is important since it could be fatal in young men.

Exercises that boost heart health

Aerobic exercises improve circulation, thereby reduce blood pressure and heart rate. They increase aerobic fitness, reduce the risk of diabetes. About 30 minutes per day and 5 days a week is good and examples are brisk walk, running, swimming, cycling, tennis.

Resistance training has a specific effect on body composition, for example body fat (belly fat). Resistance training reduces fat, results in leaner muscle mass. Free weights workout, hand weights, dumbbells, push-ups, squats are some types of resistance training.

Message

Athletes, persons even in their 30s and 40s wanting to do moderate to heavy exercises, need to know their risk factors for developing cardiovascular disease and have those addressed. Simple blood check and if need be a basic cardiac check, including ECG and echo would be enough to detect hypertension, diabetes, cholesterol levels and heart ailments needing attention. Regular aerobic exercises will reduce risk of coronary artery disease.

The least fit men and women have increased risk of death from cardiovascular disease. Given the extensive cardiovascular benefits of exercise, a minimum of 30 minutes of moderate intensity physical activity (continuous or 10 minute increments) on most days of the week is recommended. This equals roughly 1.5 miles/day brisk walk.

Conclusion

No doubt, habitual exercise is a "pill" to be taken daily for a healthy life. Improved survival in exercise-related sudden cardiac arrest — the single most important factor is the time from collapse to defibrillation (achieve regular rhythm). Advanced life support in the field is the key. Automated External Defibrillators (AED) and bystander Cardiopulmonary Resuscitation (CPR) are the strongest independent predictors of survival. Installations of AEDs and CPR training programmes in exercise facilities/ gyms are recommended. Significant prevalence of symptomatic and established cardiovascular disease much before sudden cardiac death highlights a prevention gap which should be closed and therefore calls for targeted education and training to increase safety of exercise even in the young.

Newly-wed couple killed in road accident

Deceased Shreeja and Sudeep

Nagamangala, Jan. 3 (Mahesh/ Mohan&KS)- A newly-wed couple from Kodagu is among three persons of the same family who were killed on the spot in a head-on collision between a car and a private bus near Kempanakoppal Gate in the taluk yesterday afternoon.

The deceased have been identified as Thangamma (65), a retired teacher from Somwarpet in Kodagu and presently residing in Mysuru, her son Sudeep (30) and her daughter-in-law Shreeja (23). Their relative Shreya, who sustained serious injuries, is admitted to Adichunchanagiri Hospital.

Sudeep had married Shreeja of Mullusoge on Dec. 10 and yesterday being *Amavasya*, the couple along with family had gone to Adichunchanagiri Temple in their car (KA-09-MA-6477). After puja, they were on their way back when a private bus collided head-on with their car.

The impact was such that the trio were killed on the spot and the front portion of the car has been completely mangled.

Nagamangala Dy.SP Naveen Kumar, Rural Sub-Inspector Satish Kumar and staff rushed to the spot and immediately shifted Shreya to hospital. Mandya SP Yatish too visited the spot. It is learnt that the occupants of the bus were from Mandya and were proceeding to Mantralaya. Bus driver and a few passengers have also sustained minor injuries.

The bodies were shifted to Nagamangala Govt. Hospital, where post-mortem was conducted and the bodies were handed over to the family members, according to Police. A case has been registered and investigation is on.

Beware of snakes in cold season: Snake Shyam

Mysuru, Jan. 3 (GA&KS) - In cold season, the number of snakes found in homes could increase. Snakes do not just get into homes randomly, they try to find refuge in your home when cooler weather comes, so it is important that you take the necessary steps to keep snakes out of your home, says city's well-known snake rescuer and wildlife conservationist Snake Shyam.

Shyam said that the main reason for a snake to come into a home is to find warm shelter as well as food. Snakes are cold-blooded creatures and will seek warm places and spots when it gets cold. Discarded cardboard boxes, shoes left outside the house and even empty coconut shells provide a warm place for the snakes, he added.

Pointing out that incidents of snakes entering houses is being reported more now-a-days, Shyam said that such incidents have been reported from Vijayanagar 4th Stage, Gowrishankar Nagar, Srinagar, Sathagalli, Someshwara Nagar and surrounding areas. Snakes of all species especially Viper and Spectacled Cobra are being spotted more.

Pointing out this is also the mating season for snakes, which lay eggs in the mid week or last week of January, Shyam said that the incubation process begins soon after snakes lay eggs and the eggs hatch and baby snakes come out during March end. Hence snakes try to find warm places and enter houses during winter, he added.

Farmers harvest paddy crops this season and stack dry hay. Snakes enter the hay stack to keep themselves warm and if any farmer tries to pick up a bundle of hay, there are chances of snakes biting them. He cautioned farmers be very careful this season.

Stating that he receives about 30 to 40 snake rescue calls daily during summer, Shyam said that only a few calls are received during rainy season. But during winter about 8 to 10 snakes are rescued on an average daily.

Snake Shyam can be contacted on Mob: 99805-57797.

WORD OF THE DAY

Zeitgeist

Pronunciation: TSYTE-gyste.
Meaning: Zeitgeist refers to the general intellectual, moral and cultural climate of an era.
Origin: Scholars have long maintained that each era has a unique spirit, a nature or climate that sets it apart from all other epochs. In German, such a spirit is known as Zeitgeist, from the German words Zeit, meaning "time," and Geist, meaning "spirit" or "ghost."
Example: "The lead single and opening track, 'Smells Like Teen Spirit,' has been streamed more than 1 billion times on Spotify. Its accompanying music video has been viewed more than 1 billion times on YouTube. 'Nevermind' is the defining album of an era and generation, an embodiment of the cultural zeitgeist of the 1990s." — Hickory Daily Record (North Carolina)

THE ODD WORD

Zabaglione
Frothy custard.

PHRASE OF THE DAY

Zero tolerance

Meaning: The phrase 'Zero Tolerance' is used to describe a policy, practice, or law that provides severe penalties for a certain behaviour or offense, with no exceptions made for extenuating circumstances.
Origin: The term 'zero tolerance' was first used in 1972 in political language in the United States as a way to describe how laws prohibiting minor crimes could in turn help prevent larger instances of disorder from occurring.
Example: "There's a zero tolerance policy in place regarding smoking: It isn't allowed on company property at all."

QUOTE BOX

In the practice of tolerance, one's enemy is the best teacher.

— Dalai Lama XIV

RIDDLE THIS

Solve the rebus:

Answer: Go up in smoke.

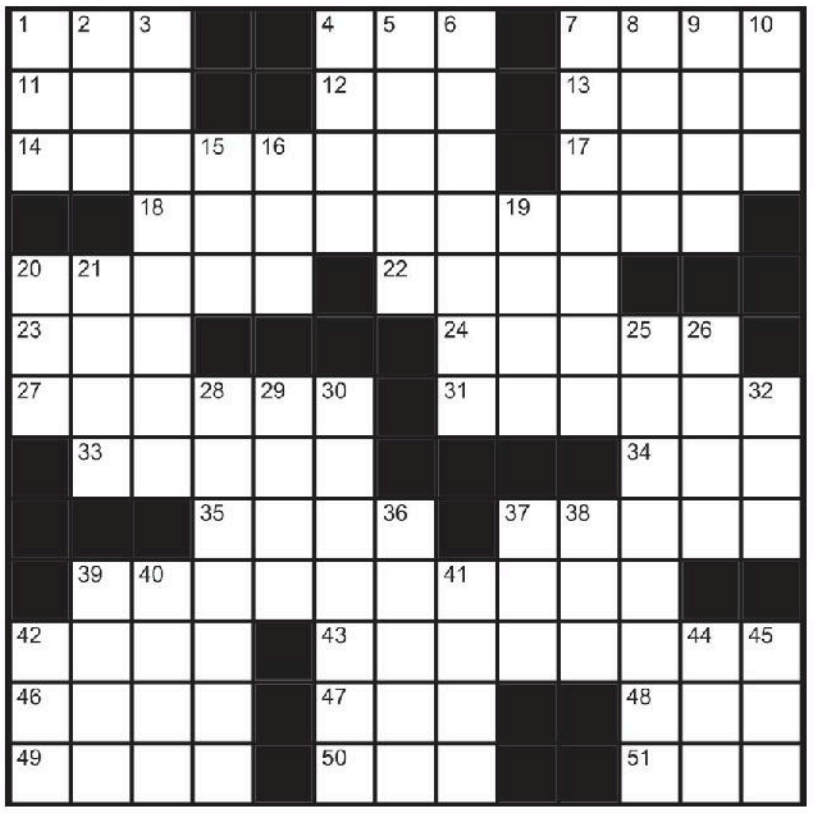
CROSS WORD

ACROSS:
1 Regional Airline Assoc.
4 Poisonous snake
7 Coarse stiff hair
11 Genre you might hear at a nightclub
12 Some Assembly Required
13 Harrow rival
14 Assess
17 Gain by work
18 Comfort; console
20 Between ports (2,3)
22 Inert gas
23 Alsace assent
24 Paying Guest was her first film
27 Temper, as metal
31 Unmanned aircraft
33 Open-mouthed
34 One hundred forty nine in Roman numerals?
35 Unruly behaviour by the mob?
37 Carols
39 Having the same meaning
42 Comp. codes
43 Winner of four consecutive discus throw gold medals between 1956-68 (2,6)
46 Noticed, looked or sighted
47 ___ Fort : from the ramparts of which Prime Minister addresses the nation?
48 Rest in peace, in short?
49 Venomous South African viper
50 ___ days : days on which sale of alcoholic drinks is banned?
51 Tibetan animal

DOWN
1 Female ruff
2 Advocate, in short
3 Collecting
4 Letters of urgency
5 The devil it is!
6 Assume or lie
7 Investigate or examine (3,4)
8 Greek letters - "seat" changed ?
9 ___ oneself away : left in spite of a strong desire to stay?
10 Girl's name - "Nan" changed?
15 Alkali or alkaline solution
16 Thurman of Pulp Fiction
19 Part of a day
20 Angle-of-attack
21 Canned fish
25 Paternity or origins
26 __ Diamond : famous singer?
28 Gaining by labour
29 Peruvian carrot
30 Boy's name
32 Satellite Landing Sys.
36 John ____ : 10th. President of U.S.A.?
37 Notice of exception, abbr.
38 Mine and thine
39 Cut, snicker - "seen" anagram?
40 River of Flanders
41 Former TISCO Chairman Russi ____
42 Acc. Standards Board
44 Electronic Industries Assoc.
45 Revenue Passenger-kms

SATURDAY'S ANSWER

R	E	S			B	E	E		D	S	M	
F	R	E	D		Y	E	S		E	N	O	W
I	N	C	I	D	E	N	T		L	E	N	O
			V	I	S			S	P	E	A	K
S	T	R	A	P		P	T	A	H			
K	H	A	N			S	I	D	I	N	G	
Y	U	M			M	A	N			I	A	N
	D	I	S	M	A	L			O	P	U	S
			P	R	I	M		A	I	S	L	E
U	S	E	R	S			S	A	L			
N	A	N	A		I	N	T	R	E	P	I	D
A	V	O	W		S	E	A		D	I	V	E
	E	L	L		T	T	G			G	E	N



SUDOKU

	1		4				7	
4			1	2				
					3	8		
		3		1			6	4
6								2
2	4			3		7		
		5	6					
				5	2			9
	8				7		5	

Answer to previous puzzle

4	6	5	3	2	1	8	7	9
8	1	2	9	5	7	6	4	3
9	7	3	8	4	6	5	2	1
5	2	1	4	9	8	3	6	7
6	3	9	2	7	5	4	1	8
7	4	8	6	1	3	9	5	2
2	5	4	7	3	9	1	8	6
1	9	6	5	8	2	7	3	4
3	8	7	1	6	4	2	9	5

Sudoku is a number-placing puzzle based on a 9x9 grid with several given numbers. The object is to place the numbers 1 to 9 in the empty squares so that each row, each column and each 3x3 box contains the same number only once. The difficulty level of the Concept is Sudoku increases from Monday to Sunday.

CRYPTOQUIP

The Cryptoquip is a substitution cipher in which one letter stands for another. If you think that X equals O, it will equal O throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

GKZTEGH TPLLFGD JOEZF NS XTPGXF. EZ'D P JOFDZEKG

KA PXXUFZEKG KA EGAKUCPZEKG PGI FBLFUEFGXF.

TODAY'S CLUE: H EQUALS G

Saturday's Cryptoquip: I merely took the energy it takes to pout and wrote some blues - Duke Ellington

NOW SHOWING - MOVIES

- **Gayathri Theatre** Ph: 2443568
  Love You Rachchu (K)- 4 Shows
- **Lido Theatre** Ph: 2420885
  Rider (K) - 4 Shows
- **Thibbadevi Theatre** Ph: 2452958
  Arjun Gowda (K) - 4 Shows
- **Padma Theatre** Ph: 2521923
  Drishya 2 (K) - 4 Shows
- **Mahadeshwara Theatre** Mob: 9900820093
  Badava Rascal (K)- 4 Shows
- **Woodlands Theatre** Ph: 2422871
  Badava Rascal (K)- 4 Shows
- **Rajkamal Theatre** Ph: 2423554
  Maanaadu (Ta) - 4 Shows
- **Sangam Theatre** Ph: 2520494
  Arjun Gowda (K) - 4 Shows
- **Balaji Theatre** Ph: 2497199
  Pushpa: The Rise – Part 1 (H) - 4 Shows
- **Sterling Theatre** Ph: 2481170
  Huttu Habbada Shubhashayagalu (K)- 4 Shows
- **Uma Theatre** Ph: 2520009
  Ellinda Harambhavagide (K) 1 Shows; Mallige (K) - 3 Shows

DRC CINEMAS — Ph: 4240422, 4241800

Badava Rascal (K)	(S-1)	10.20 am
	(S-2)	4.10 pm
	(S-4)	1.15 pm
Spiderman: No Way Home (E-3D)	(S-1)	1.05 pm, 4.05 pm
Sing-2 *(E-3D)*	(S-1)	7 pm
Arjun Gowda (K)	(S-2)	10.40 am, 1.20 pm
Ajagajantharam (Ma)	(S-2)	7 pm
Huttu Habbada Shubhashayagalu (K)	(S-3)	10.40 am, 1.20 pm
Rider (K)	(S-3)	4 pm
Love You Rachchu (K)	(S-3)	6.55 pm
83 (H)	(S-4)	10.15 am, 4 pm, 7 pm

INOX LIVE THE MOVIE — Ph: 2533444 / 2533456

83 (H)	(S-2)	8.25 am, 6 pm
	(S-3)	2.50 pm
	(S-4)	12.10 pm
Spiderman No Way Home (3D-E)	(S-1)	8.35 am, 3.05 pm, 6.20 pm
Ajagajantharam (Ma)	(S-4)	6.40 pm
Badava Rascal (K)	(S-2)	3 pm (S-3) 8.40 am
Raider (K)	(S-1)	11.50 am
Arjun Gowda (K)	(S-4)	9.10 am, 3.40 pm
Love You Rachchu (K)	(S-3)	11.40 am, 6.25 pm
Huttu Habbada Shubhashayagalu (K)	(S-2)	11.55 am

PVR CINEMAS

Forum Centre City Mall, 2nd Floor. Mob: 8951357139

83 (H)	8.25 am, 11.45 am, 12.25 pm, 3.10, 6:35 pm
Spider-Man: No Way Home (E-3D)	9.05 am, 12.15 pm, 3.25 pm, 6.35 pm
Badava Rascal (K)	9.45 am, 12.35 pm, 6.55 pm
Arjun Gowda (K)	9.55 am, 3.50 pm, 6.50 pm
Huttu Habbada Shubhashayagalu (K)	11.00 am
Love You Rachchu (K)	12.50 pm, 6.45 pm
Sing 2 (E)	1.55 pm, 7.30 pm
Pushpa: The Rise - Part 01 (Te)	3.25 pm
Djibouti (Ma)	3.50 pm
Rider (K)	4.25 pm

1st Floor, Garuda Mall. Mob: 9901373210

83 (H)	9.05 am, 12.05 pm, 3.40 pm, 6.25 pm
Arjun Gowda (K)	9.10 am, 3.30 pm, 7.05 pm
Badava Rascal (K)	9.35 am, 4.10 pm, 7.05 pm
Love You Rachchu (K)	10.00 am, 4.05 pm
Pushpa: The Rise - Part 01 (Te)	12.30 pm
Spider-Man: No Way Home (E)	12.30 pm, 7.05 pm
Rider (K)	1.00 pm

MYSURU VISION CINEMAS — Ph: 0821 - 2973519

Love You Rachchu (K)	(S-1)	10.30 am, 1.15 pm
83 (H)	(S-1)	4 pm
Ajagajantharam (Ma)	(S-1)	7.15 pm
Arjun Gowda (K)	(S-2)	10.45 am, 1.30 pm, 4.30 pm
Badava Rascal (K)	(S-3)	10.40 am, 1.30 pm, 4.15 pm, 7.05 pm
Rider (K)	(S-4)	10.30 am, 7 pm
Huttu Habbada Shubhashayagalu (K)	(S-4)	1.30 pm, 4.15 pm

NOTE: Movie timings published here are subject to sudden change by the theatre managements. The films are also liable to be changed in multiplexes if there are no minimum audience of 15 to the film announced here.

Governor Thaawarchand Gehlot to inaugurate

Two-day State-level Youth Festival at Sri Adichunchanagiri Srikshetra

Mysuru, Jan. 3 (BNR)- A two-day State-level Youth Festival (Yuva Janotsava) has been organised at Sri Adichunchanagiri Mahasamsthana Mutt, Srikshetra, Nagamangala taluk, Mandya district, on Jan. 4 and 5 under the joint aegis of the Department of Youth Empowerment and Sports (DYES), Bengaluru, Mandya District Administration, Zilla Panchayat (ZP) and Sri Adichunchanagiri Mahasamsthana Mutt, Srikshetra.

Governor Thaawarchand Gehlot will inaugurate the event at 11.30 am tomorrow in the presence of Dr. Sri Nirmalanandanatha Swamiji of Sri Adichunchanagiri Mahasamsthana Mutt, Srikshetra. Youth Empowerment & Sports and Mandya District in-Charge Minister K.C. Narayanagowda and Energy and Kannada & Culture Minister V. Sunil Kumar will be the chief guests at the event.

Thaawarchand Gehlot

Valedictory of the Youth Festival will be held at 3 pm on Jan. 5. Chief Minister Basavaraj Bommai will launch Amrutha Samudaya Abhivrudhi Yojane and Amrutha Kreeda Dattu Yojane on the occasion.

Sri Nirmalanandanatha Swamiji will grace the occasion. Minister K.C. Narayanagowda will be the chief guest. Higher Education, IT, BT and Science & Technology, Skill Development Minister Dr. C.N. Ashwathnarayan will distribute prizes.

Nagamangala MLA Suresh Gowda will preside on both the days. DYES Commissioner Dr. H.N. Gopalakrishna, Mandya Deputy Commissioner S. Aswathi and DYES Additional Chief Secretary Dr. Shalini Rajneesh will be present.

Savitribai Phule's 191st Jayantyotsava

Mysuru, Jan. 3 (BNR)- Krishnaraja Yuva Balaga has organised a programme at Ambedkar Park in Ashokapuram at 6 pm today (Jan. 3) to celebrate the 191st Jayantyotsava of Savitribai Phule, an Indian social reformer, educationist and poet.

Former MLA M.K. Somashekar, former Mayor Purushotham, Mysuru District Kannada Sahitya Parishat President Maddikere Gopal, former President Dr. Y.D. Rajanna, senior social worker K. Raghuram Vajpayee, Corporators Shobha Sunil and Pallavi Begum, Congress Youth Leaders Jogi Mahesh & N.M. Naveen Kumar, MUDA Member Lakshmidevi, KR Constituency Congress Women's Unit Vice-President Nagaratna Manjunath, KR Bank Vice-President Basavaraj Basappa and others will be present.

EVENTS TODAY (JAN. 3)

- **Sahara Art and Crafts Shopping Festival:** Expo-cum-Sale of handicraft and handloom products, Scouts and Guides Ground, behind DC's Office, **up to 9.30 pm.** [Mob:98809-03786 or 95900-18133]
- **Karnataka Exhibition Authority (KEA) and Tourism Department:** Exhibition-2021, Dasara Exhibition Grounds, **3.30 pm to 9 pm.**
- **Prof. S.R. Niranjana Felicitation Committee, University of Mysore (UoM):** Felicitation to Prof. S.R. Niranjana, retd. Vice-Chancellor, Gulbarga University, Kalaburagi, Suttur Seer Sri Shivarathri Deshikendra Swamiji graces the occasion, Prof. C. Manoharachari, Professor Emeritus, retd. Vice-Chancellor, Osmania University, Hyderabad, delivers felicitation address, Siddharamaiah, former CM, chief guest, Prof. G. Hemantha Kumar, Vice-Chancellor, UoM, guest of honour, Prof. K.S. Rangappa, Hon. President, Felicitation Committee and retd. Vice-Chancellor, UoM, presides, Senate Bhavan, UoM, Manasagangothri, **4 pm.**
- **Sri Venugopalaswamy Temple:** Puja, Shattumurai and Mahamangalarati, **5 pm to 6.30 pm;** Thiruppavai discourse by Vidu. Dr. K.L. Prasannakshi, retd. Sanskrit Professor, Maharani's Arts College, Mysuru, Temple premises, Tyagaraja Road, **6.30 pm.** [Mob: 99451-01480]
- **Hebbar Sri Vaishnava Upasabha, K.R. Vanam and Sri Rama Mandira:** 'Thiruppavai Kalakshepa' (Thiruppavai discourse) by Dr. N.K. Ramasheshan, Sri Rama Mandira, Krishnamurthypuram, **6.15 pm to 7.30 pm.**

EVENTS TOMORROW (JAN. 4)

- **Sahara Art and Crafts Shopping Festival:** Expo-cum-Sale of handicraft and handloom products, Scouts and Guides Ground, behind DC's Office, **10.30 am to 9.30 pm.** [Mob:98809-03786 or 95900-18133]
- **Sree Andal Mandiram Trust, Mysuru and Hebbar Sreevaishnava Rural District Upa Sabha:** Dhanurmasa Puja, discourse on 'Thiruppavai' by Vidu. Rama Srinivasan, Sree Andal Mandiram Trust, Temple Road, V.V. Mohalla, **11 am to 1.30 pm.**
- **Karnataka Exhibition Authority (KEA) and Tourism Department:** Exhibition-2021, Dasara Exhibition Grounds, **3.30 pm to 9 pm.**
- **Sri Venugopalaswamy Temple:** Puja, Shattumurai and Mahamangalarati, **5 pm to 6.30 pm;** Thiruppavai discourse by Vidu. Dr. K.L. Prasannakshi, retd. Sanskrit Professor, Maharani's Arts College, Mysuru, Temple premises, Tyagaraja Road, **6.30 pm.** [Mob: 99451-01480]
- **Children's Literary Club, Mysuru:** Talk on 'Species of Ratites' by Dr. R. Purnima, formerly Professor of English, KSOU and presently Director, Children's Literary Club, Mysuru, Chamundi Children's Home, II Stage, Brindavan Extension, **5.30 pm.**
- **Hebbar Sri Vaishnava Upasabha, K.R. Vanam and Sri Rama Mandira:** 'Thiruppavai Kalakshepa' (Thiruppavai discourse) by Dr. N.K. Ramasheshan, Sri Rama Mandira, Krishnamurthypuram, **6.15 pm to 7.30 pm.**

PRO KABADDI

Today's Matches (JAN. 3)

Bengal Warriors Vs **Jaipur Pink Panthers** 7.30 pm

Telugu Titans Vs **Patna Pirates** 8.30 pm

Tomorrow's Matches (JAN. 4)

Haryana Steelers Vs **U Mumba** 7.30 pm

UP Yoddha Vs **Tamil Thalaivas** 8.30 pm

Yesterday's Results

Gujarat Giants 36
Lose to
Haryana Steelers 38

Puneri Paltan 29
Lose to
Bengaluru Bulls 40

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CHEMIRA RADHA CHANGAPPA

We thank the members of Kodava Samaja, Kodagu Sahakara Sangha, Sree Kaveri Kodagu Mahila Sangha, Lopamudra Kodava Association, Mysuru and all our friends, neighbours & relatives for their kind support at the funeral of
CHEMIRA RADHA CHANGAPPA
on **Sunday 26th December 2021.**

The Maada ceremony has been arranged at **The Roost Hotel in Hinkal**, Mysuru, on **Wednesday 5th January 2022 at 11am.**

Kindly treat this as a personal invitation, attend the ceremony and pray for the departed soul.

— Chemira Ramesh Changappa, Thanisha Changappa & Family.
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